

BAKED SNAPPER

WITH LEMON, GARLIC & CHILLI



LifeShape Clinic

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INGREDIENTS

1 small fresh snapper
(around 400g)
1 tbsp extra virgin olive oil
Sea salt and pepper
1 lemon, thinly sliced
1 small red chilli, chopped
6 garlic cloves (skin on, to
save time)
2 cups rocket leaves

METHOD

1. Pre-heat the oven to 200°C. Line a baking tray with baking paper and lay over the fish.
2. Using a sharp knife, score the fish on both sides. Drizzle with olive oil and season.
3. Lay over the lemon slices and sprinkle the chilli over the fish. Arrange garlic cloves around the fish.
4. Bake for around 15-20 minutes depending on the size of your fish. Once cooked, the flesh will be opaque and flake easily with a fork.
5. Once cooked, squeeze out the cooked garlic cloves from their skins over the fish. Serve with rocket leaves and dress with any remaining lemon juice.

2
SERVES

Nutrition Guide

PER SERVE

Energy (cal)	385cal
Protein	58.4g
Fat	14.2g
Saturated Fat	2.7g
Carbohydrate	2.2g
Sugar	1.3g
Sodium	424mg
Fibre	4.7g

RECIPE VARIATION

1200

Dinner Requirement: 370-400cal
Meets Requirements: Yes
Total Meal Calories: 385 Cal

1500

Dinner requirement: 420-450cal
Meets requirements: No
Recommendations: Add 100g tinned chickpeas to rocket leaves before dressing with lemon juice.
Total meal calories: 443 cal

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